

ABSTRACT

Title: Using rhythmic gymnastics in school physical education

Objective: The main objective of this bachelor thesis is to find out level of use of gymnastic activities, particularly activities of rhythmic gymnastic, which is part of the RVP for different types of secondary schools in Prague.

Methods: In this bachelor thesis has been using electronic survey. This method was used to collect and evaluate necessary data.

Results: School physical education uses elements of rhythmic gymnastics on secondary school in Prague. Teachers of physical education classified exercise with music and exercise with equipment to the school physical education. Among the most widely used tools include skipping ropes, poles and gymnastic balls. Music to exercise involved more women than men.

Keywords: Rhythmic gymnastics, school physical education, survey